

**BLACK
BELT**

POSITIVITY

Name: _____

"Negative" means to "take away" - "Positive" means to "give, share or lend." When we're negative we're unhappy (and make others unhappy), but when we're positive we're excited and having fun - like a **Black Belt!**

Put a by the statements that show a positive attitude:

<i>I hate lima beans, yuck!</i>	<i>Rainy days are a great time to read a book.</i>
<i>Push ups are too hard.</i>	<i>Homework is hard, but I know I can do it.</i>
<i>Homework is hard, but I know I can do it.</i>	<i>I'll never learn Chon ji.</i>
<i>I'm a little worried about the test, but I'm going to do well.</i>	<i>My punches are getting faster!</i>
<i>It's raining outside—what a terrible day.</i>	<i>I know I can earn my Black Belt.</i>

Are all people born with a positive attitude?

YES

NO

When you start something new and challenging, what are some positive phrases you can tell yourself? _____

Positivity means seeing the good in things, finding purpose--even in mistakes. Describe a time you made a mistake: _____

What did you learn from this mistake? _____

What will you say to yourself to stay positive as you work to earn your Black Belt? Write your own "secret weapon" saying here:
